Self-Defense Skills Checklist - Home Assessment

**Directions:** At home, have your parent or guardian check your ability to perform these skills.

**Parents:** After a few practice attempts, begin to record the results of your child’s skills.

**No partner to demonstrate these moves on?**  No problem… just demonstrate these moves without a partner (shadow), or verbally explain the move in detail. Be creative.

**Students:** When finished, analyze this data to decide which skills need more practice in order to make them permanent.

**Evaluator’s Signature**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student’s Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\*\*\*These moves should be practiced in slow motion (minimal resistance) in order not to injure anyone.

# Cross Wrist Release Never Sometimes Always

1. Bring thumb to abdominal area \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_
2. Wave goodbye to hand on your wrist \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_
3. Grab attackers wrist that was on your wrist \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_
4. Step to the side of attacker into the power position \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_
5. Rotate arm of attacker while knife striking the back of \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

the triceps

Single Lapel Grab Never Sometimes Always

1. Opposite hand comes up and grabs attackers hand, thumb \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

into the crook of the attackers thumb and forefinger, remaining

fingers wrap hand and grab pinky side of hand, squeeze

2. Peel hand off your lapel back the way you came \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

3. Step to the side of attacker into the power position \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

4. Rotate arm of attacker while knife striking the back of \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

the triceps

# Wrist Release Never Sometimes Always

1. Make a fist and turn it until thumb side is up, start raising \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

fist upward (hammer curl)

2. With free hand, grab own fist, elbows in an inverted V \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

position (cover)

3. Step to the side of attacker into the power position \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

5. Hand and fist clear attackers hands by pushing fist to far \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

ear using forearm and elbow as a pry bar

Double Wrist Release Never Sometimes Always

1. Make a fist and turn it until thumb side is up, start raising \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

fist upward (hammer curl)

2. Opposite hand comes under and grabs attackers far wrist \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

clearing first hand off your wrist

3. Step to the side of attacker into the power position \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

4. Come back with a knife strike using your free hand to \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

clear remaining wrist

Double Lapel Grab Never Sometimes Always

1. One fist comes over one arm and under opposite elbow \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

2. Opposite hand comes up and grabs your own fist \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

3. Step to the side of your attacker into the power position \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

4. Hand and fist clear attackers hands by pushing fist to far \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

ear using forearms as a pry bar

Two Hand Grab From Behind Never Sometimes Always

1. Step with non-dominant foot, while pivoting on \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

dominant foot

2. Take dominant arm and come up and over attackers arms \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

capturing both arms at the elbows

3. Reach across with free hand and grab your opposite hand \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

4. Pinch your elbows while raising your hands to create a \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

tight lock

Side Headlock Never Sometimes Always

1. Turn head until throat is clear of attackers elbow joint \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

2. Take upper arm and reach over attackers shoulder \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

until hand is in front of face

3. Place forefinger under attackers nose (at philtrum) and \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

push up and back as you take the attacker to the ground

4. Scoop near leg at the knee with free hand \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

**Stretch it Out**

**Directions: Match the description of the stretching exercise with the corresponding muscles.**

\_\_\_\_\_1. Stand with feet together, knees locked, bend at waist while reaching for the floor

1. deltoids
2. gastrocnemius
3. latissimus dorsi
4. quadriceps
5. abdominals and obliques
6. hamstrings

\_\_\_\_\_2. Grab shoelace of one foot and pull it up to the hip

\_\_\_\_\_3. Hands on floor, hips up high, with only one foot on floor (an inverted V shape with your body), push your body weight back until the lower part of your leg stretches

\_\_\_\_\_4. While sitting with one leg out and one leg over top the other, twist your core until your back cracks

\_\_\_\_\_5. Pull one arm across your chest using the opposite arm to pull

\_\_\_\_\_6. Put one arm over the top of head/ behind neck, pulling with opposite arm